



Caramel ripple cheesecake cups

READY IN



10 min.

SERVINGS



4

CALORIES



556 kcal

DESSERT

Ingredients

- ☐ 100 g amaretti biscuit (20)
- ☐ 400 g cheese soft
- ☐ 50 g golden caster sugar
- ☐ 0.3 tsp vanilla extract
- ☐ 6 tbsp mrs richardson's butterscotch caramel sauce beaten

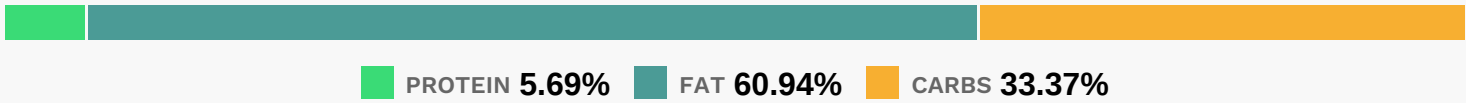
Equipment

- ☐ bowl
- ☐ ramekin

Directions

- ☐ Crush the biscuits into large crumbs and divide between 4 ramekins or small glasses.
- ☐ In a bowl, beat the cheese with the sugar and vanilla then add 4 tbsp of the sauce and beat until mostly incorporated but still streaked slightly. Carefully spoon over the biscuits and smooth the top.
- ☐ Spoon the rest of the caramel over the top and use a teaspoon to swirl the top of the cheese layer with the caramel. Set in the fridge for at least 2 hours but up to 2 days before serving.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:9.16, Inflammation Score:-7, Nutrition Score:7.7826087656228%

Nutrients (% of daily need)

Calories: 555.93kcal (27.8%), Fat: 38.53g (59.27%), Saturated Fat: 20.82g (130.14%), Carbohydrates: 47.47g (15.82%), Net Carbohydrates: 47.14g (17.14%), Sugar: 34.32g (38.13%), Cholesterol: 101.25mg (33.75%), Sodium: 657.88mg (28.6%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 8.09g (16.17%), Vitamin A: 1371.18IU (27.42%), Phosphorus: 227.01mg (22.7%), Selenium: 13.85µg (19.79%), Vitamin B2: 0.3mg (17.84%), Calcium: 134.72mg (13.47%), Vitamin B1: 0.13mg (8.65%), Vitamin E: 1.21mg (8.04%), Vitamin B5: 0.71mg (7.1%), Folate: 27.24µg (6.81%), Manganese: 0.13mg (6.65%), Potassium: 225.31mg (6.44%), Iron: 1.02mg (5.69%), Vitamin B12: 0.31µg (5.17%), Vitamin B3: 0.94mg (4.72%), Zinc: 0.62mg (4.16%), Magnesium: 15.94mg (3.99%), Vitamin B6: 0.07mg (3.65%), Vitamin K: 3.13µg (2.98%), Copper: 0.04mg (2.24%), Fiber: 0.32g (1.3%)